

## AlaskaFit: Bodybuilding and Fitness

# THE 2008 N.P.C. NATURAL CRYSTAL CUP

Fitness, Figure and Bodybuilding Championships

Proudly Sponsored by the Natural Pantry

October 25, Wendy Williamson Auditorium, Anchorage

### General Contest Information

**Dates/Place:** October 25, 2008 at the Wendy Williamson Auditorium, 3211 Providence Drive Anchorage, Alaska 99508 (907) 786-6815

**Weigh-in:** 6:00pm Friday, October 24<sup>th</sup>, Hampton Inn, 4301 Credit Union Drive Anchorage, AK 99503 (907) 550-7000

**Competitor Meeting:** 11:00am, Saturday, October 25th

**Judging Starts:** 12:00pm, Saturday, October 25th

**Evening Show:** Doors open at 6:00pm., Show begins 7:00pm

**Deadline:** Saturday October 18, 2008. (*Late entries will be accepted up until the weigh in at 6:00pm, September 26<sup>th</sup>. Late entries are \$80.00 – no exceptions.*)

**Entry Fee:** \$40.00 for all divisions. Mixed Pairs are an additional \$20 per couple. Competitors may enter multiple divisions. If entering both Fitness and Figure, separate entry fees apply. Teenage athletes will be given a reduced entry fee of \$20. Cashier's checks or money orders are preferred.

**Mail entries to:**

AlaskaFit Productions,  
P. O. Box 110771, Anchorage, AK  
99511-0771

or enter on-line at [www.npcalaska.com](http://www.npcalaska.com).

\*\*\*Please make checks payable to ALASKAFIT PRODUCTIONS.\*\*\*

**Awards:** Niels Andersen Awards for the top five athletes in each class. Crystal Awards for the Overall Men's, Women's, Fitness and Figure Champions. There will be a best poser award for Men and Women.

**Qualifications:** Entrants must be NPC registered athletes. Competitors may register with the NPC the day of the show. (\$80.00) Masters Men must be at least 40 years of age by October 25, 2008. Masters Women must be at least 35 years of age by October 25, 2008. Junior Men must be twenty years of age or younger on October 25, 2008. Proof of age (ie. Birth Certificate, Drivers License, state ID) must accompany all Masters Men, Masters Women and Junior Men entries.

**Contest Headquarter Hotel:** Hampton Inn Official Show hotel, 4301 Credit Union Dr. 907-550-7000  
Special Competitor rate of \$89 per night, Free shuttle service to and from the show! Call and mention the 2008 NPC NATURAL Crystal Cup Championships.

**Photography and video:** Mark Mason, [www.bodybuildingandfitnessphotography.com](http://www.bodybuildingandfitnessphotography.com) will be making a special trip from Seattle to photograph and video our show. Please see our website, [www.npcalaska.com/photography](http://www.npcalaska.com/photography), to book a shoot or order the video. Mark is an amazing photographer, specializing in bodybuilding and physique photography. He is very well known throughout the northwest and we are lucky to have him!

**After Party:** The official no-host after party will be held at the world famous Chilkoot Charlies, 1025 West 25<sup>th</sup> Ave. All competitors and spectators will gain free admission with your ticket. Must be over 21.

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**Please visit** our website at: [www.npcalaska.com](http://www.npcalaska.com) to register on-line. **For further information contact AlaskaFit:**

Garry Lodoen E-mail: [alaskafit@npcalaska.com](mailto:alaskafit@npcalaska.com) or phone at 907.441.1959

Philip Bradfield E-mail: [Philip@npcalaska.com](mailto:Philip@npcalaska.com) or phone at 907.264.2733

# THE 2008 NPC NATURAL Crystal Cup Fitness, Figure and Bodybuilding Championships

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Occupation: \_\_\_\_\_

Titles & Interests: \_\_\_\_\_

E-mail Address (Required): \_\_\_\_\_

Gym Name & Address: \_\_\_\_\_

Team Representing: \_\_\_\_\_

In consideration of accepting this entry, I, hereby intending to be legally bound for myself, my heirs, executors or administrators, waive any and all right and claim for damages I may have against the National Physique (NPC) of the USA Inc., the International Federation of Body Building (IFBB), the Egan Center, AlaskaFit, Weider Publications and their agents and representatives, for any and all injuries suffered in connection with the NPC Last Frontier Fitness Figure and Bodybuilding Championships and in traveling to and from them. I further agree to hold harmless and waive and release all photo rights for media (television, magazines, newspapers and websites) to AlaskaFit, for the purpose of promoting Bodybuilding, Fitness and Figure through the sale of videotapes, photos and any network, cable or local television airing.

Athletes Signature: \_\_\_\_\_ Date \_\_\_\_\_

Guardian's Signature (required if under 18): \_\_\_\_\_ Date \_\_\_\_\_

**Please check competition entered**

**LAST FRONTIER MEN'S (BODYBUILDING)**

- \_\_\_ Bantam (143 ¼ and under)
- \_\_\_ Light (Over 143 ¼ up to 154 ¼ lbs.)
- \_\_\_ Middle (Over 154 ¼ to 176 ¼ lbs.)
- \_\_\_ Light-Heavy (Over 176 ¼ to 198 ¼ lbs.)
- \_\_\_ Heavy (Over 198 ¼ to 225 lbs.)

**LAST FRONTIER WOMEN'S (BODYBUILDING)**

- \_\_\_ Light (up to and including 125 lbs.)
- \_\_\_ Middle (Over 125 up to and including 140 lbs.)
- \_\_\_ Heavy (Over 140 lbs.)

\_\_\_ MASTER'S MEN (Over 40)

\_\_\_ MASTERS WOMEN (Over 35)

\_\_\_ JUNIOR MEN (20 & under)

**FIGURE**

**YOUR HEIGHT**

**OTHER**

- \_\_\_ Under 5-04
- \_\_\_ Over 5-04

\_\_\_\_\_  
\_\_\_\_\_

- \_\_\_ Masters
- \_\_\_ FITNESS

\_\_\_ MIXED PAIRS (BODYBUILDING): Partner Name: \_\_\_\_\_

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## NPC Guidelines and Regulations

**Guidelines: Bodybuilding** – All competitors will follow NPC rules, guideline and mandatory poses.

**Judging:** In order – Fitness Routines, Junior Men, Master's Women (over 35), Master's Men (Over 40), Figure (two-piece), Fitness (two-piece), Open Women (Light, Middle & Heavy), Mixed Pairs, Figure (one-piece), Fitness (one-piece) Open Men (Bantam, Light, Middle, Light-Heavy, Heavy and Super-Heavy).

**Mandatory poses for men and women for 2008 are:** Front double biceps, front lat spread, side chest (your favorite side), rear double biceps, rear lat spread, side triceps (your favorite side) and abdominal/thigh (hands behind your head with one leg extended forward). Moon poses are not allowed. Previous overall winners are eligible to compete if they need to re-qualify. All competitors will perform their routines at the finals. Competitors may wear multi-colored suits and jewelry at the evening performance. (Fitness and Figure see guidelines below)

**Music:** Quality High Bias CDs are recommended, recorded on a medium recording level. CDs must be distortion free and blank, with the exception of the one piece of music being used. CDs must be marked with the competitor's name and the competition entered. CDs must be recorded at the appropriate starting position and music should start at the beginning of the CD, with a maximum length of ninety seconds. Absolutely no profanity is allowed and competitors with profanity-laced music will be subject to disqualification. AlaskaFit Productions reserves the right to refuse music not meeting these standards. Figure competitors will use house music. Fitness competitors have a maximum time limit of two minutes and must provide a CD with their music on it meeting the above specifications.

**Score sheets:** Copies of competitor's score sheets will be made available after their respective classes are completed.

## Fitness and Figure Information

**Fitness Competitors:** (Women) Will have three rounds of judging, consisting of a Fitness Round (50%), a Two-Piece Swimsuit Round (25%) and a One-Piece Swimsuit Round (25%). Awards will be received in the One-Piece Swimsuit. All judging and the Finals are completed on Saturday October 25, 2008. **Judging 12:00 Noon** with the **Finals at 7:00 PM.**

**Figure Competitors:** Will have two rounds of judging, consisting of a Two-Piece Swimsuit Round and a One-Piece Swimsuit Round. The One-Piece Swimsuit Round will be first and competitors shall receive their awards in their two-piece swimsuits. Fitness and Figure competitors must wear high heels in both the two-piece and one-piece swimsuit rounds. Swimsuits must be in good taste and thongs and T-back suits are not allowed. Exhibition of poor sportsmanship will be grounds for automatic disqualification. Due to insurance requirements, safety concerns and space restrictions, only NPC registered athletes and members are permitted backstage.

**Round 1:** Fitness Round (Men & Women Fitness): Each athlete will perform a routine to music, with a maximum time limit of two minutes. Judges will be looking for style, personality, athletic ability, strength, flexibility and overall performance. Contestants should give special attention to apparel because that too may be judged. Routines may include aerobic, dance, gymnastics or other demonstrations of athletic talent. Props are permitted but anything that cannot be carried by the competitor must be approved in advance.

**Round 2:** (Two-Piece Swimsuit Round) Figure and Fitness Women: Contestants will be brought out in one or more lines for quarter turns. The judges will be scoring symmetry, conditioning and overall appearance including complexion, poise and overall presentation. The judges will move competitor's positions in the line-up to make comparisons between various competitors and repeat quarter turns.

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## **AlaskaFit: Bodybuilding and Fitness**

**Round 3:** (One-Piece Swimsuit Round) Same guidelines as round 2, wearing a one-piece swimsuit and high heels. Men's Fitness – barefoot.

### **NPC Judging Clinic**

Friday, October 19<sup>th</sup>, 6:00pm

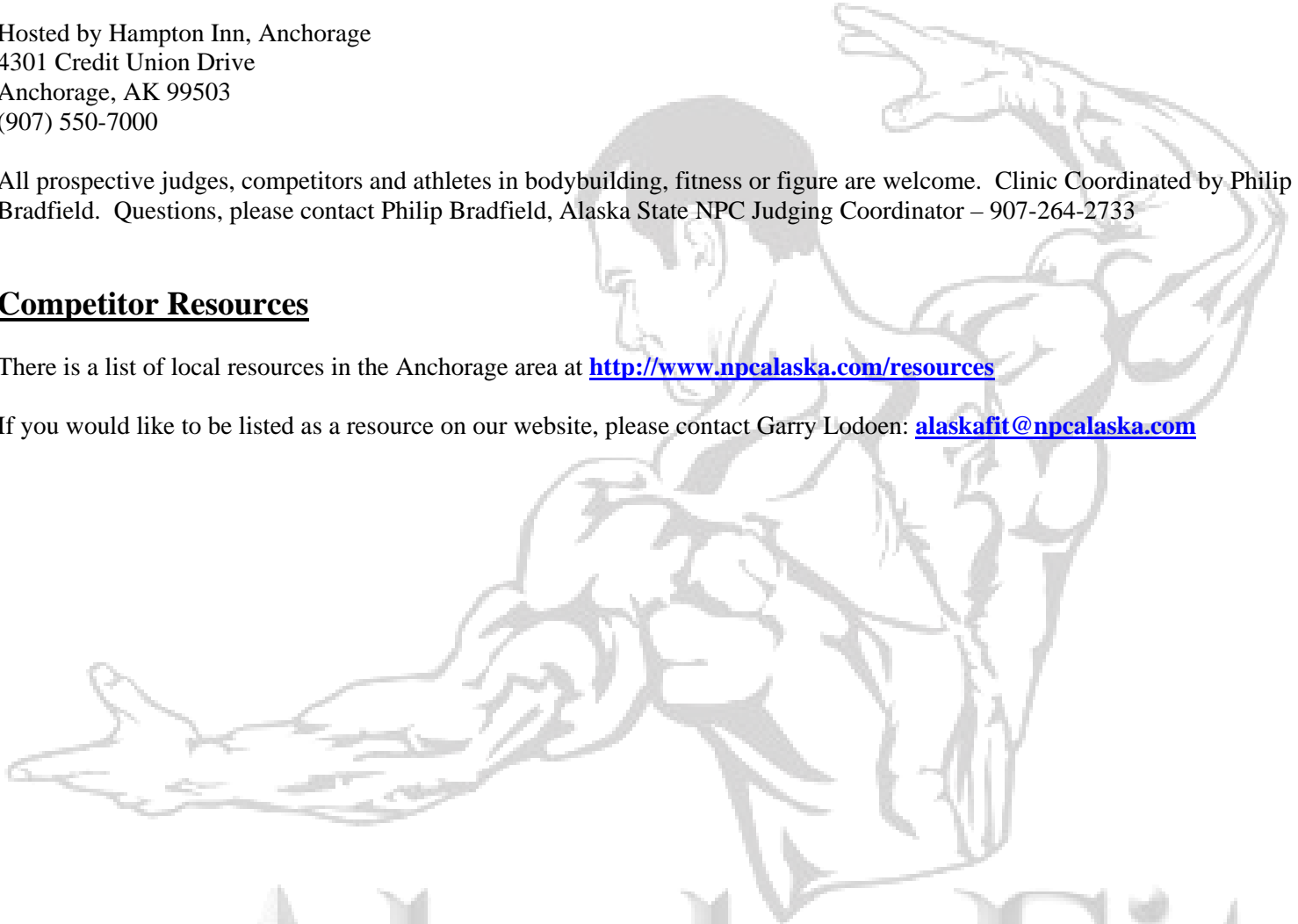
Hosted by Hampton Inn, Anchorage  
4301 Credit Union Drive  
Anchorage, AK 99503  
(907) 550-7000

All prospective judges, competitors and athletes in bodybuilding, fitness or figure are welcome. Clinic Coordinated by Philip Bradfield. Questions, please contact Philip Bradfield, Alaska State NPC Judging Coordinator – 907-264-2733

### **Competitor Resources**

There is a list of local resources in the Anchorage area at <http://www.npcalaska.com/resources>

If you would like to be listed as a resource on our website, please contact Garry Lodoen: [alaskafit@npcalaska.com](mailto:alaskafit@npcalaska.com)



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